



Nov. 2, 2015

Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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Force 2025 Needs More Team Building, Leader Development

About 350 senior and mid-level leaders from the U.S. Army Sustainment Command learned about strategies the Army is taking to maximize personnel potential



during the first Commanding General's Leadership Professional Development training event, here, Nov. 4. Maj. Gen. Kevin O'Connell, commanding general, ASC, has leadership development ranked as one of his top five priorities. O'Connell's priorities are aligned with the Army's Force 2025 and Beyond initiative, which calls for strong Army leadership development during a future of complex environmental, geopolitical and technological changes. Richard Parker, director, Capabilities Development Integration Directorate, Fort Leavenworth, Kansas, served as keynote speaker for the event. Parker talked about the importance of developing what he said is the Army's most effective asset -- its people. ([More](#))

Upcoming Dates

- Nov. 9-Dec. 14:** Federal Employees Benefits Open Season
- Nov. 11:** Veterans Day (*Federal Holiday*)
- Nov. 11:** Veterans Day Ceremony, Rock Island National Cemetery, 1 p.m.
- Nov. 11:** QC Mallards Annual Military Appreciation Night, iWireless, 6 p.m.
- Nov. 13:** RIAWC Denim & Diamonds Charity Auction, Arsenal Island Clubhouse, 6 p.m. - 12 a.m.
- Nov. 14:** Murder Mystery Dinner, Arsenal Island Clubhouse, 6 p.m.
- Nov. 16-20:** DA Photo Studio, Bldg. 90, Basement
- Nov. 16-20:** Soldier for Life, Bldg. 56, Rm. 211, 8 a.m. - 4:30 p.m.
- Nov. 18:** RIAWC Decorating for the Holidays Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Nov. 24:** Native American Heritage Observance, Heritage Hall, Bldg. 60, 12:30 p.m.
- Nov. 26:** Thanksgiving Day (*Federal Holiday*)
- Nov. 26:** Thanksgiving Buffet, Arsenal Island Clubhouse, 11 a.m.
- Dec. 4:** Holiday Tree Lighting Ceremony, Bldg. 60, 4 p.m.
- Dec. 4:** First Friday Social, Bldg. 60, Lock and Dam Lounge, 4 p.m.
- Dec. 9-10:** Holiday Fair, Bldg. 60
- Dec. 16:** RIA Quarterly Retirement and Retreat Ceremony, Heritage Hall, Bldg. 60, 1 p.m.
- Dec. 16:** RIAWC Favorite Things Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.

We're Heating with Natural Gas, Steam This Heating Season

This heating season is the beginning of a transitional year for Rock Island Arsenal. The trusty 100 year old central heating plant and steam distribution system have put in their papers for partial retirement starting this year. We are very grateful for all the personnel of the central steam plant and all who have worked there to make it so reliable to keep us cozy and warm when it gets so cold outside. This will be the last heating season for the coal fired steam plant. In May 2016, the final puff of smoke going up the stacks, and the last steam generation going to the radiators will come to an end. The new whippersnapper natural gas heating systems have come to town, and they are eager to show us their stuff which started this October. The new natural gas heating systems are not all the same. ([More](#)) ([2015 Annual Energy Management Report](#))



First Army Commanding General Encourages Recruits through Real World Experiences

When Iowa high school students had the undivided attention of Lt. Gen. Michael S. Tucker, First Army commanding general, they asked about his experiences to see how their life would be impacted by joining the Army. "What the general said was so positive and moving," said Kimberly Huerta, a senior at Easton Valley High School in Dubuque, Iowa. "It changed my outlook on the Army and life in general." Tucker sat down with local area high school recruits inside First Army headquarters at Rock Island Arsenal on October 20 to give real world answers and share his past experiences about joining the Army. Tucker joined the Army when the "Be all you can be" slogan was popular. And, that is what you should do, he says. "Take the opportunities and use them to the best of your ability so that you can be all you CAN be." ([More](#))



ASC-ARE Welcomes New Commander

The Army Sustainment Command-Army Reserve Element welcomed a new commander during a ceremony at Rock Island Arsenal, Illinois, Oct. 11. Col. Diana Torres took over as the unit's new leader from Col. Sue Henderson. The presiding official was Brig. Gen. Jeffrey Doll, commanding general, Army Reserve Sustainment Command. Torres previously served as the commander of the Fort Hood Detachment, Army Sustainment Command-Army Reserve Element and has deployed in support of Operation Desert Shield/Desert Storm. ASC-ARE provides Soldiers in support of U.S. Army Sustainment Command's global mission, integrating with Army Field Support Brigades, to conduct operational staff support in the areas of intelligence, readiness analysis, current and future operations and logistics support. ([More](#))



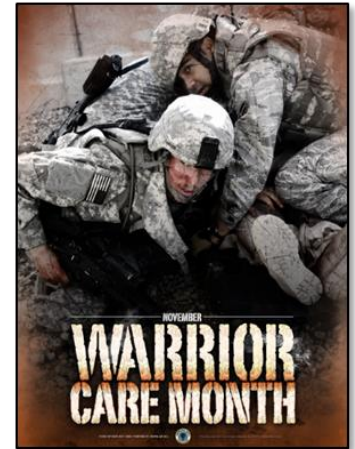
Dahl Promoted, Takes Command of U.S. Army Installation Management Command

Lt. Gen. Kenneth R. Dahl took command of U.S. Army Installation Management Command, or IMCOM, from Lt. Gen. David D. Halverson during a change-of-command ceremony at the Fort Sam Houston Theater, Nov. 3. Army Chief of Staff Gen. Mark A. Milley presided over both the change-of-command ceremony and Dahl's promotion that took place before. "K.D. [Dahl] is immensely qualified to be the commanding general," Milley said. "He's a proven combat leader, he's a man of great character, and I have no doubt in my mind that he's going to take IMCOM to the next level of excellence." Until today, IMCOM and the Office of the Assistant Chief of Staff for Installation Management, or ASCIM, were commanded by one three-star general, in a "dual-hatted" status. The creation of a new three-star position and the decision to make IMCOM a direct-report to the Army chief of staff indicates how important the mission is to senior Army leadership, officials said. ([More](#))



Warrior Care Month: Show Your Strength through Recovery

The U.S. Army observes Warrior Care Month in November. This is a time where the military community reaffirms their commitment to the best recovery and reintegration for the nation's wounded, ill and injured service members, their families and the professionals who support them. The first week's theme is "Show Your Strength through Recovery." Central to the recovery process is the concept of resilience and in recognizing that what wounded, ill and injured Soldiers and their Families confront during the act of healing will only make them stronger. Recovery is about more than physical health, nutrition and exercise. Upon entering a Warrior Transition Unit Soldiers build a personalized Comprehensive Transition Plan with short- and long-term goals across six domains: physical, spiritual, social, emotional, Family and career. Family members and caregivers are actively involved in the recovery process and invited to all medical appointments and transition meetings. ([More](#))



CID Warns of Extortion, Blackmail Scams

For many, the words extortion and blackmail bring forth images of Hollywood movies, celebrities having illicit affairs and corporations trying to hide a wrongdoing. In today's world of Internet communications, Internet dating, and social networking, extortion and blackmail can happen to anyone who discusses, admits, or posts a lapse in judgment or their personal or financial issues over the Internet. More alarming, extortion and blackmail can happen to innocent individuals whose personal information has been stolen as part of a data breach. The U.S. Army Criminal Investigation Command, commonly known as CID, warns the Army community to be aware of Internet extortion and blackmail scams and to report any instance where a Soldier, Army dependent, or Army civilian is or has been faced with threats involving the payment of money or other valuables. Extortion and blackmail are crimes that have grave consequences for its victims, to include financial loss. The FBI's Internet Crime Complaint Center 2014 Internet Crime Report stated that more than \$16 million dollars was extorted from victims that year. ([More](#))

CID Lookout
On Point for the Army

Daily Dining in Bldg. 60

Effective **Nov. 2** seating for daily dining in Bldg. 60 will be temporarily moved to the room west of the food court through the double doors, while the Caisson room is being expanded and remodeled to give patrons a pleasant dining atmosphere. Questions, please call 309-782-5890.

Voting Season is here

The Army's kickoff to the 2016 Voting Season was Wednesday, Nov. 4. Military and civilian voters are encouraged to register to vote or request an absentee ballot. The Rock Island Voting Assistance Office can help service members, dependents, federal employees, retirees and visitors with voter registration and voting options. Stop by the 3rd Floor of Bldg. 56, or call 309-782-8780, for all your voting needs. Service members and dependents can visit www.fvap.gov for further information on their voting rights, and to access online voter registration and absentee ballot forms. Illinois residents can register to vote online at <https://ova.elections.il.gov>. All other citizens who will be 18+ years of age on Election Day can visit www.eac.gov for information and to access the National Mail Voter Registration Form.



Rock Island National Cemetery to Commemorate Veterans Day

The Rock Island National Cemetery will have a Veterans Day Ceremony on Wednesday, **Nov. 11**, at 1 p.m., at the cemetery's main flagpole. The keynote speaker for the Veterans Day ceremony will be David Woods, Scott County Veterans Service Officer and Vietnam veteran. The ceremony will include wreath placement, an honor salute, and taps. Veterans Day is intended to thank and honor all those who served honorably in the military - in wartime or peacetime. A Congressional Act (52 Stat. 351; 5 U. S. Code, Sec. 87a) approved May 13, 1938, made the 11th of November in each year a legal holiday – a day to be dedicated to the cause of world peace and to be thereafter celebrated and known as "Armistice Day." Armistice Day had primarily been a day set aside to honor Veterans of World War I. However, following World War II and the Korean War, Veterans service organizations urged Congress to amend the Act of 1938 by striking out the word "Armistice" and inserting in its place the word "Veterans." With the approval of new legislation in 1954 (Public Law 380), Nov. 11 became a day to honor American Veterans of all wars. ([More on Veterans Day](#))



VIOS Schedule for November & December

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Nov. 16, 17, 18, 19, and 20; and Dec. 14, 15, 16, 17, and 18.**

Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Nov. 13, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. The DMC will host a blood drive from 12 p.m. to 4:30 p.m. on Thursday, **Nov. 19**. The drive will be held on the MVRBC Donor Bus, parked in front of Bldg. 350. This drive is open to all Arsenal employees and their families. **The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**



Federal Employees Benefits Open Season

The 2015 Federal Benefits Open Season will be **Nov. 9 to Dec. 14**. Open Season is the time of year to ensure that you have the right health, dental, or vision insurance coverage for you and your family. It is also time to consider the money you can save on your out-of-pocket medical and dependent care expenses. During this Open Season, you will be able to enroll in a new plan, change your current plan, or cancel your plan for the following benefits:

- Federal Employees Health Benefits (FEHB)
- Flexible Spending Accounts (FSA)
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

If you wish to keep your existing plan, you do not have to make a new Open Season election. In the past, an annual Health Benefits Fair was held in the month of November here on Rock Island Arsenal; that fair was discontinued. All benefits/retirement questions need to be addressed directly to the Army Benefits Center, which can be reached at <http://ABC.Army.mil>, 877-276-9287, 785-240-2222, DSN 520-2222.

QC Mallards Annual Military Appreciation Night, Free Tickets

The Mallards will recognize those who have served in the armed forces with Military Appreciation Night when the team plays on Veteran's Day, Wednesday, **Nov. 11**, at 6 p.m., at the iWireless Center in Moline, against the Anchorage Alaska Aces. In honor of Veteran's Day, MWR and USO have received free tickets to the game. Free tickets are available to all RIA workforce on a first come, first served basis with a max of four tickets/person. Civilians can pick up their tickets at the following locations, Leisure Travel Office (Bldg. 333, next to the Exchange), the Fitness Center (Bldg. 67), and the Army Community Service Center (Bldg. 110). Active duty (including Guard, Reserve & Retired) should reserve their tickets at the USO's website, detailed instructions are below. If you would like to check on the supply prior to going to pick up tickets you should call the facility directly at the following numbers:

- Leisure Travel Office 309-782-5890
- Fitness Center 309-782-6787
- Army Community Service 309-782-0829

Instructions for active duty to reserve tickets – go to our website at www.usoofillinois.org go to the program tab. Once the box drops down with the list of programs go to USO Tickets for Troops, click on that. Once you do that it shows a link tixfortroops.org click on that. You then should be on the page that shows all of our events, scroll down to the Mallards event. There is a box at the top of where the event is listed. You enter the number of tickets you are requesting. Click anywhere off of that and a box will drop down. Fill out the information and then scroll all the way to the bottom past



any other event. Fill in the primary contact information, click process now and you will get a confirmation and you are good to go. We will have a USO table set up in front of the Mallards sport store in the lobby, you come in and show military ID and the volunteers will give you your tickets and you're good to go. If you have any questions, please call 309-782-3896. This is for active duty, Guard, Reserves and military Retirees and their dependents.

IowaWorks "Salute to Veterans"

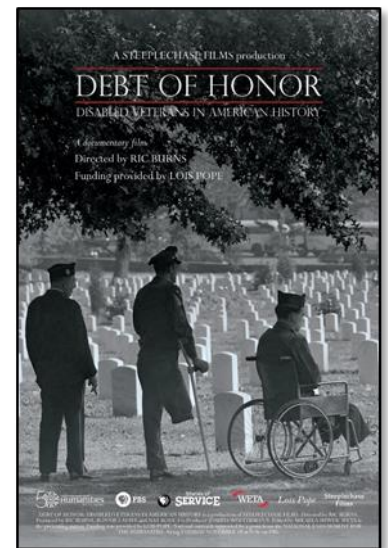
The Davenport IowaWorks is hosting an open house to pay tribute to our military veterans who have served with distinction in our Armed Forces on Friday, **Nov. 13**, 1-3 p.m. All veterans are welcome and invited. There will be an opportunity to network with Craig and Jennifer your local Veterans Employment Representatives with IowaWorks. Refreshments will be served from 1-3 p.m.

ALCOA Informational/Employment Event

Looking to become part of the ALCOA team? Join us for an information session on their Veterans Affinity Group Wednesday, **Nov. 18**, 5:30 p.m., at the USO Center (Bldg. 110). Representatives will present information on the company and be there to answer to questions. Open to active duty, Guard, Reserve and their family members seeking employment. Have your resume ready to hand out. Snacks and drinks provided. Please RSVP to usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil. ([Flyer](#))

Debt of Honor Premiere Screening

Debt of Honor - a moving movie tribute to the history of disabled veterans, Debt of Honor takes an unflinching look at the reality of warfare and disability, and features moving interviews with some of the country's most prominent disabled veterans including Illinois Representative Tammy Duckworth, former Georgia Senator Max Cleland and former Commander of Fort Belvoir Gregory Gadson. Combined with a deep history as narrated by leading scholars in the fields of disability studies, history and psychology, the film palpably illustrates the human cost of war and sacrifices of military service. It is brought to life through carefully curated stills and archival footage from archives across the country. Premiere Screening: Wednesday, **Nov. 18**, 6 p.m., at the American Legion Post 26, 1111 W. 35th Street, in Davenport, facilitated by John Mikleson, Midwest Military Outreach. Airdate on WQPT will be Thursday, **Nov. 19**, at 7 p.m., and will be repeated on Sunday, **Nov. 22**, at 8 p.m. Debt of Honor seeks to understand the societal perception of soldiers and the wars they fight. Above all, it seeks to build a new bridge between military and civilian cultures in the United States, to inspire an important dialogue about how Americans treat their veterans, and to impart a message of compassion and mutual understanding. "Debt of Honor is a powerful film that will advance the understanding of wounded veterans. As a historian I think that the context the film provides is crucial. The disabled from our current wars are part of a long tradition of the deferred and hidden costs of war. I am honored to have had a part in the film." - *James Wright, President Emeritus, Dartmouth College* ([PBS Trailer](#))



American Legion Post 711, Blue Grass, Veterans' Day 5K

The start times and all information on the race will be posted on the race Facebook page ([American Legion Post 711 Veteran's 5K Run](#)) as they are finalized. There is on-line registration on these sites too. If there are any questions or you want to volunteer to help out just leave a message with the

American legion at 563-381-4380 or send us an Email at alpost711.5k@outlook.com. This is our third year and we are trying to make this one the best one yet. It might be a little chilly out but it is a great organization and a fun time. We use the proceeds from this race as well as other activities to fund a lot of different programs in support of our community and our fellow veterans, such as Hawkeye boys & girls state, merit awards, scouting, hospital supplies, military funeral honors and that is just to name a few of the many things we do to help out. If you want to know more about us and the things we do just look us up or give us a call.

Date: **Saturday, Nov. 14**

Time: **8 a.m. - 11:30 a.m.**

Texas Hold 'Em Poker Tournament

Rock Island JR Rocks Baseball is hosting a Texas Hold 'Em Poker Tournament on Saturday **Nov. 21**, at the Arsenal Island Clubhouse. Doors open at 5 p.m., cards fly at 6 p.m.; \$40 buy-in, \$10 re-buys. Guaranteed prizes to top 10 percent of players. Questions or to purchase tickets: rockislandjrrocks@gmail.com. View our [Facebook event here](#). More information call Joe Fonseca 309-235-3069. Cash bar and food available. No outside food or drink. Walk-ins are welcome.

Fish Fry and More Every Friday

American Legion Post 1233, 312 Broadway Street, Colona, Ill., is having a fish fry every Friday evening from 5 to 8 p.m. Come enjoy a variety of entrees from steak sandwiches, fish and chicken dinners, to sides and hors d'oeuvres; very reasonably priced. Proceeds go to veterans; their families; and other veteran organizations. For more information, call Anna DeFrieze at 309-792-8934. Note: **Nov. 27, Dec. 25, and Jan. 1**, no food served.

Wounded Warrior J.R. Martinez to Speak in the Quad Cities

Vera French Community Mental Health Center will be having several educational events the week of **Feb. 15-20** to increase community awareness of the challenges of mental illness and the need for community support for the services provided by the Vera French Community Mental Health Center. This year they have the honor of presenting wounded U.S. Army veteran, J.R. Martinez as their signature inspirational speaker on Saturday, **Feb. 20**, at 7 p.m., at the Bettendorf High School Performing Arts Center. J.R. Martinez was wounded in Karbala, Iraq, April 5, 2003, by a roadside bomb that burned more than 34 percent of his body. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.

Building/Space Closures



There are no announcements at this time.

Active Duty/Reserve Zone



2015 Military Family Month

Established in 2003 by the Armed Services YMCA, Military Family Month (MFM) is observed in November to recognize and honor Families of service members for their unique contributions and sacrifices while supporting the Army mission. MFM reiterates the Army's commitment to strengthen the readiness and resilience of the Army Family. This year's theme is "Military Families: Keeping Our Army Strong!" The collective strength of the Army depends on the people -- including Family members. Families play a huge role in every phase of the Soldier life cycle. They help Soldiers start strong, serve strong, reintegrate strong and remain strong throughout their careers. Each November, government, military, community and business leaders team up to recognize military Families through events and activities such as Family fun nights, fun runs, discounts at Morale, Welfare and Recreation (MWR)

facilities, sporting events and special recognition during community activities. Active, Guard, and Reserve leaders and Department of Defense organizations such as the Army Air Force Exchange Service and the Defense Commissary Agency frequently team up to conduct activities and events to express their appreciation for military Families. During this month, all commands, installations and units are encouraged to participate in local engagements designed to draw public attention to and illustrate public support and appreciation for the Army Family. ([More](#))



Discounted Tickets for University of Iowa Basketball

Active military and veterans have the opportunity to take advantage of \$10 tickets (normally \$18) for the following men's basketball games: Iowa vs. Gardner-Webb on Nov. 13, and Iowa vs. Coppin State on Nov. 15. There will also be a \$5 youth price available. In order to take advantage of this promotion you will need to use the promotion code online and it will only work online. The tickets will be emailed once the order has been placed. The tickets are served first-come, first served and will automatically choose your seat location. Both of these games have a women's basketball game prior to the men's. The men's ticket will get you into the women's game as well, however the seat location will only be for the men's game. Instructions on how to order are: Go to www.hawkeyesports.com and click on the "BUY TICKETS" at the top of the page, then scroll over Buy Tickets and select the presales/promotions option in the drop down box. Enter the Promo Code "UIVETERANS" in the promotion box. The code is case sensitive so make sure you use all capital letters. Select the game you would like to attend and then select the amount of tickets you would like to purchase. Follow the instructions to process the order. If you have any questions regarding ordering tickets, please contact Rachael Bedell at the University of Iowa ticket office by email at Rachael-bedell@hawkeyesports.com or by calling 319-384-4299.

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



Don't Fall Down On Safety

A fall might not seem like the most serious kind of accident. Often, it is not. However, did you know the number one workplace killer is slips and falls? The main causes of slips, trips, and falls in the workplace are:

- Poor housekeeping: Scrap on floors; spilled liquids; electrical, network or phone cords; equipment cluttering the aisles; all of these scenarios can lead to someone slipping and falling if we simply ignore these hazards. You may think someone else will take care of it, but that may not happen in time to prevent an accident.
- Dangerous surface conditions: Broken or cracked surfaces, protruding nails, different elevations which are unmarked, torn carpets, loose or curled mats and slippery finishes are all hazards.
- Insufficient lighting: Dim or incorrect lighting, glare in areas where it is dangerous or lights which flicker or "strobe" and cause perception difficulties.
- Inattention to tasks: Carelessness brought on by inexperience, horseplay, fatigue, or personal problems.
- Improper footwear: Shoes which are not properly fastened, are too big, too small, have slippery bottoms or oversized heels.

Here are some ways to prevent this common but sometimes deadly kind of accident:

- Conduct regular safety inspections of your work area to identify and remove slipping and tripping hazards.
- Keep your work area and traffic areas free of tripping hazards such as stored materials, scrap, cables, cords and unnecessary equipment or tools. Tool boxes are common tripping hazards, so keep them out of the way.
- Close drawers and cabinet doors to prevent someone from falling over them.
- Promptly clean up all spills. Rainwater in a doorway, coffee on a hall floor, or oil leaking from machinery are all common slipping hazards. Help keep the floors dry in lunchrooms and washrooms, too.
- Watch where you are going. Don't try to walk while focusing on your smart phone, reading something, or carrying an object you can't see over.
- Don't walk backwards. Many tripping accidents occur when a person backs up and trips over something.
- Take your time; don't run or rush. It is especially important to slow down on wet floors, icy pavement, and sloped surfaces.
- Make sure the lighting is good in your work and traffic areas. Many accidents involving falls occur in dark storerooms and dim hallways.
- Have your

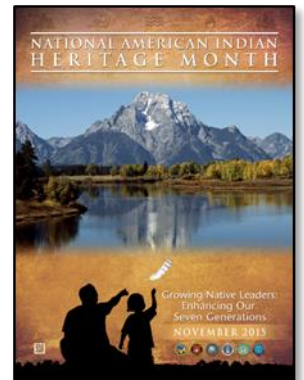
vision checked regularly and change your prescription eyewear as required. • Wear footwear that helps you to stay on your feet. Shoes should be well-fitting with low heels. Soles should be made of a non-slip material for most work situations. Footwear with treads or cleats may be called for in some jobs. Check your work area and your work habits frequently to make sure you are doing all you can to prevent slips, trips, and falls. Practice good worksite housekeeping, wear well-fitting shoes, and pay attention to where you are stepping.

Equal Employment Opportunity Focus



Rock Island Arsenal Native American Heritage Observance

The First Army Equal Opportunity Office invites you to attend the Rock Island Arsenal Native American Heritage Observance on Tuesday, **Nov. 24**, in Heritage Hall, Bldg. 60. The event will begin with sampling various Native American dishes from 12:30-12:55 p.m., directly followed by the guest speaker, Russell Begaye, president of the Navajo Nation. Begaye, a graduate of the University of California, Los Angeles, is from Shiprock, New Mexico, and assumed the office of the President of Navajo Nation on May 12. He is the second New Mexican Navajo to hold the Navajo Presidency. The Navajo Nation is a semi-autonomous Native American-governed territory covering 27,425 square miles, occupying portions of northeastern Arizona, southeastern Utah, and northwestern New Mexico. It is the largest land area retained by a U.S. tribe and is managed via agreements with Congress as a sovereign Native-American nation. The Navajo Nation is one of the largest tribal governments of the North American Indian tribes. The Rock Island Arsenal workforce can sign up in [TEDs](#) using Keyword "RIA Native." For additional information or accommodations please contact Sgt. First Class Jose Vazquez, First Army, EOA, at 309-782-9761 or Sgt. First Class Marion Wilson ASC, EOA, at 309-782-3021.



Senior Leaders Message on Native American Heritage Month

Throughout the Army's 240 year history, Native Americans have served valiantly and with distinction in times of peace and war, while fighting for the right to be an equal part of our Nation. During Native American Heritage Month, we recognize and celebrate the accomplishments of this country's original inhabitants, explorers and settlers. Native Americans have a distinguished legacy of service in the Army. From the early days of the Revolutionary War to today, thousands have served in critical positions, including as guides with the Lewis and Clark expedition, as Scouts with the U.S. Cavalry and as Code Talkers in World War II. Notably, 27 Native Americans have earned the Medal of Honor for their courage and devotion to our Nation. This legacy of distinguished service continues today as Native Americans serve with honor and distinction around the world. The Army is proud of the lasting contributions Native Americans continue to make as Soldiers, Civilians, Veterans and Family members in professions that will benefit the Nation and the Army for many years to come. Army Strong! ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



Self Defense Seminar

Learn basic self-defense tactics and tips to avoid becoming a target from our Primary Master Combatives certified instructor. Class is \$50 per individual or \$90 per couple/pair and is open to all eligible patrons 18 years and older. Call 309-782-6787 for more info and to sign up. ([Flyer](#))

Date: **Saturday, Nov. 7**

Time: **9 a.m. - 12 p.m.**

Murder Mystery Dinner

This delightful evening of fine dining and whodunnit comedy, taking place Saturday, **Nov. 14**, 6-10 p.m., at the Arsenal Island Clubhouse, will have you guessing till the end. Local comedy/mystery troupe "It's a Mystery" needs your help to solve the mystery as they bring you along on their "Cruise into Murder," so make your reservations to make sure you don't miss out on this fun and entertaining evening. Cost is \$45/person and reservations can be made by calling 309-782-4372. Reservations required. ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on Wednesday, **Nov. 18**, at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

Thanksgiving Day Buffet

Come enjoy a delicious Thanksgiving Dinner Buffet Thursday, **Nov. 26**, 11 a.m. - 2 p.m., at the beautiful and historic Arsenal Island Clubhouse with your family and friends and leave the planning, shopping, cooking and clean up to us. Cost is \$21/adult, \$10/child (3-10 years), and children under 3 eat free. Call 309-782-4372 for more info and to make reservations. ([Flyer](#))

Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back and give it another try Tuesday - Friday, 11 a.m. - 1:30 p.m., because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. ([Menu](#))



MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Disney on Ice presents: Treasure Trove at the iWireless Center

Get tangled up in Disney's 50th animated feature with Rapunzel and Flynn and enter the worlds of your other favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Tiana, Mulan and of course, the one who started it all, Snow White. Ahoy, Mateys! Set sail with Peter Pan, the always sassy Tinker Bell and the cantankerous Captain Hook and his pirate pals on an adventure beyond Never Land and shout out your loudest "yee-haw" with Woody, Jessie and Buzz Lightyear from Disney Pixar's Toy Story! Trek the wilds of Africa with Simba, Nala, Pumbaa and Timon as they discover the true meaning of the 'Circle of Life.' Tick-Tock! Tick-Tock! Don't be late to a very important date with Alice and the Mad Hatter as they march with the Queen of Hearts' Army Of Cards. Be sure to see Disney On Ice presents Treasure Trove full of memories guaranteed to last a lifetime. Leisure Travel has two shows this year. Saturday, **Dec. 5**, at 3 p.m. or Sunday, **Dec. 6**, at 5 p.m., Children one and under free on lap; 12 and under \$14. Upper level \$16 and Lower level \$22. On sale until **Nov. 13**. ([Flyer](#))

Star Trek: The Ultimate Voyage Concert Tour 2016

This lavish production includes an impressive live symphony orchestra and international special solo instruments. People of all ages and backgrounds will experience the franchise's groundbreaking and wildly popular musical achievements while the most iconic Star Trek film and TV footage is simultaneously beamed in high definition to a 40-foot wide screen. The concert will feature some of the greatest music written for the franchise including music from Star Trek: The Original Series, Star Trek: The Motion Picture, Star Trek II: The Wrath of Khan, Star Trek IV: The Voyage Home, Star Trek: Insurrection, Star Trek: The Next Generation, Star Trek: Deep Space Nine, Star Trek: Voyager and much more. This never-before-seen concert event is perfect for music lovers, filmgoers, science-fiction fans and anyone looking for an exciting and unique concert experience. MWR Leisure Travel has discounted seats on sale now. Stop by the office located in Bldg. 333 or call 309-782-5890.

Date: **Friday, March 22**

Time: **7 p.m.**

Waves of Honor

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to WavesofHonor.com to register for and obtain your free tickets. *These tickets must be obtained online only*

Chicago/Schaumburg Attractions

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Choice Hotels

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.
www.choicehotels.com

Child, Youth & School Services



Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service



ACS is located in Bldg. 110, 1st floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

Paint the Island Purple Competition Winners

The Family Advocacy Program is proud to announce that ARDEC are the winners of the Domestic Violence Awareness Months, Paint the Island Purple Competition. We asked organizations and individuals to raise awareness by wearing purple on Fridays and if possible decorate their office in some purple fashion. The support from those who submitted photos was overwhelming and a stupendous display of support to anyone who may be experiencing currently, or have experienced domestic violence in the past. We had several spectacular submissions throughout the month. We also want



to thank everyone who may have participated but were not able submit photos. This year we opted to have weekly winners and even had a trophy to award them for the winning submission. The weekly winners included. Week 1 Garrison PAIO, Week 2 ARDEC, Week 3 ARDEC, Week 4 Garrison RM, and Week 5 Garrison DHR. We hope that next year the competition will continue to grow and we will Paint the Island Purple for Domestic Violence Awareness Month. To check out all of the photo submissions please check out our Facebook page at www.facebook.com/RIAFAP. We hope that next year the competition will continue to grow and we will Paint the Island Purple for Domestic Violence Awareness Month.

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Seasonal Affective Disorder

The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder, or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder.

Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program invites you to take advantage of confidential counseling services offered at no cost. The RIA EAP is located in Bldg. 56, Room 104. You may contact the EAP by calling 309-782-4357 to schedule an appointment. You can also access an anonymous free mental health screening at www.militarymentalhealth.org.

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)

Education Week Book Drive

Drop off any new or gently used book at the RIA Education Center in Bldg. 56, Room 118, during Education Week, taking place **Nov. 16-20**. Books will be donated to local libraries, schools, veteran, childcare, and youth centers.

Higher Education

Have you ever considered all the "choices" you or your family member will need to make for higher education? What school? What degree? What is the cost? Online, in class or both? Why one school would work better over another? What do I want to do when I "grow up?" All those questions can be answered at the next two-day Higher Education Track portion of the SFL-TAP program. This course is designed to guide Soldiers and Family members through the variety of decisions involved in choosing a school, choosing a degree program and funding considerations. Also completing the admission process. In order to better assist our Soldiers, this course is now available for all Soldiers (active/retired) and their Family members. Transitioning Soldiers will have priority. If you are interested in attending please register through Sharon Lampert, transition services manager at 309-782-7780. Registration for the Higher Education Track ends **Nov. 23**. Hope to see you there. Dates: **Dec. 7-8**; Location: Bldg. 6, Rm. 122
Time: **8 a.m. - 4 p.m.**

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Dec. 17, March 17, and June 16**; • Black Hawk College, **Jan. 14, April 14, and July 14**; • Eastern Iowa Community College, **Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7**; • Kaplan University, **Nov. 19, Feb. 18, May 19, and Aug. 18**; • Saint Ambrose

University, **Jan. 21, April 21, and July 21**; • Trinity College of Nursing & Health Sciences, **Jan. 28, April 28, and July 28**; • University of Dubuque, **Nov. 12, Feb. 11, May 26, and Aug. 11**; and • Upper Iowa University, **Dec. 10, March 10, and June 9**. Meet with school representatives and learn about educational opportunities in the Quad Cities.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Commissary to Host Santa in December

The main North Pole resident Saint Nicholas, Saint Nick, Father Christmas, Kris Kringle, Santy, or simply Santa Claus, is coming to the Rock Island Arsenal in December! Come see Santa Claus at the Commissary, Saturday, **Dec. 5**, between the hours of 1 p.m. and 4 p.m. Make sure to bring your camera and get caught up in the holiday spirit.



Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

Special Veterans Day Hours at the Colonel Davenport House

The Colonel Davenport House, located on the north shore of Arsenal Island, will be open for special hours on Wednesday, **Nov. 11**, for Veterans Day from 1:30 to 4 p.m. Admission is only \$1 and free for military. Guides will be available to answer questions. The gift shop will also be open, selling Early American items like toys and candle molds, souvenirs, and books, including two that give information about Colonel George Davenport and his military service, new books about the Mississippi River, and Mississippi River mud t-shirts. Colonel Davenport was a veteran of the U.S. Army, serving for ten years. He came to Rock Island in 1816 as a civilian who had a contract to supply rations to the soldiers at Fort Armstrong. He supervised construction of the bake house, the first building on Arsenal Island. During the Black Hawk War, Gov. John Reynolds of Illinois commissioned Davenport as an assistant quartermaster with the Illinois Militia. This is how he got his honorary title of colonel.

This Week in Rock Island Arsenal History – Nov. 2-8

On Nov. 2, 1917, Special Order #351 sent six additional RIA representatives to France to study methods of manufacturing recoil mechanisms for gun carriages. William Henry Harrison negotiated and signed for the U.S. a treaty with several minor Sauk and Fox Indian chiefs in St. Louis. The ceded land included Rock Island. In November 1902, the RIA organized a drafting room. In October 1871, the RIA command officer's home, Quarter's One, was completed. In October 1866, the excavation of Shop B (Bldg. 60) began. In October 1866, a Board of Commissioners began negotiating with settlers and local civil authorities to regain portions of the island that had fallen under civil control. Property was repurchased along with access bridges to the island. Rock Island Arsenal gained complete authority and control of the island.



Healthbeat

Tie A White Ribbon "Round the Ole Oak Tree"

November is Lung Cancer Awareness Month. Lung cancer is the second most common cancer in both men and women and the leading cause of cancer death in the United States. Each year, more people die from lung cancer than from colon, breast and prostate cancers combined. According to the U.S. Centers for Disease Control and Prevention, nearly 90 percent of lung cancer cases are attributed to cigarette smoking. Lung cancer can also be caused by breathing in dangerous, toxic substances (such as radon, asbestos, uranium, arsenic, cadmium, chromium, nickel and some petroleum products) or everyday air pollution. There are steps you can take to prevent lung cancer. Limiting exposure to smoke, radon, hazardous chemicals and air pollution will help protect your lungs. If you smoke, the best thing you can do is to stop smoking or better yet never start. Test your home for radon. If it is present, take steps to get rid of it. Wear personal protective equipment like respirators, if you are exposed to dust or fumes at work. Help fight air pollution in your community. Even if you were exposed to these substances many years ago, you are still at risk for developing lung cancer. Talk to your doctor if you have ever been exposed to any of these substances. ([More](#))

Flu Prevention: What You May Not Know

The days get shorter, the air gets cooler and the leaves begin to change colors. Everyone knows that this signals the beginning of fall; what you may not know is that it also signals the beginning of flu season. The flu is a contagious respiratory illness caused by the influenza virus. It is spread when viral particles from an infected person travel through the air from a cough, sneeze or even talking. Symptoms usually start one to four days after the virus enters the body; however, people who are infected can actually spread the virus a day before they feel sick. Common symptoms of the flu include fever, chills, cough, sore throat, muscle aches and fatigue. The U.S. Centers for Disease Control and Prevention estimates that approximately 200,000 people a year are hospitalized for influenza in the United States and deaths from influenza can range from 3,000-49,000 per year. Some people are at higher risk of influenza hospitalization or death than others; these groups include children under five, adults over 65, pregnant women, residents of nursing homes and people with certain medical conditions, including asthma, chronic lung disease, heart disease, blood disorders and diabetes. Other individuals at risk for the flu include those with weakened immune systems, such as people with HIV and cancer and those individuals taking chronic steroids. ([More](#))

Practice Food Safety during the Holidays

As the holiday season quickly approaches, many of us are looking to spend some quality time with family and friends. Nothing draws us closer together than enjoying a delicious home-cooked meal with the ones we love, but things can take a turn for the worse if food safety is not kept in mind. The U.S. Centers for Disease Control and Prevention estimates that approximately 48 million people get sick from foodborne illness each year. Of those that contract a foodborne illness, 128,000 are hospitalized and 3,000 die. The following are a few food safety tips to keep you, your families and your friends healthy during the holidays. Foods most commonly associated with foodborne illnesses are raw foods of animal origin; that is raw meat and poultry, raw eggs, unpasteurized milk and raw shellfish. Adequate cooking will kill most bacteria and their toxins. Fruits and vegetables consumed raw are also a particular concern. Washing can decrease but not eliminate contamination, so cooking to proper time and temperature is vital. Also, unpasteurized fruit juices can be contaminated if there are pathogens in or on the fruit that is used to make it. The best bet is to only drink pasteurized juices. ([More](#))

Notes for Veterans



C

Expansion of Vets' Online Shopping Privileges Gets Support

The idea of expanding online exchange-shopping benefits to all honorably discharged veterans is moving closer to reality, with all three military-exchange services supporting the idea. The Defense Department's deputy chief management officer is addressing the related issues, Army and Air Force Exchange Service CEO Thomas C. Shull confirmed. Once the concept is approved, the online benefit could be rolled out to veterans within as little as six months. At a session of the American Logistics Association's annual convention Tuesday, DoD Deputy Chief Management Officer Peter Levine did not directly talk about online exchange privileges for veterans, but he did say the department is looking at ways to expand the customer base in the military resale community. ([More](#))



Around the Q.C.



C

- Nov. 11:** [Veterans Day Parade](#) (Downtown Davenport)
- Nov. 14:** [Black Hawk College 5k Hustle](#) (Black Hawk College, Building #1, 6600 34th Avenue, Moline)
- Nov. 14:** [Veteran's Day 5k Run](#) (American Legion Post 711, Blue Grass, Iowa)
- Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
- Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)
- Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)
- Nov. 21:** [QC Mustache Challenge](#) (Begins at Barrel House 1321 5th Ave, Moline)
- Nov. 26:** [Scott County Family Y McCarthy Bush Turkey Trot](#) (Davenport YMCA, 606 West 2nd Street)
- Nov. 27-29:** [25th Annual Quad City Christmas Arts & Crafts Fair](#) (QCCA, Rock Island)
- Dec. 4-5:** [Christmas in the Village](#) (East Village, Davenport)
- Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)
- Dec. 6:** [Holiday Open House](#) (Quad City Botanical Center, Rock Island)

Dec. 6: [Reindeer Ramble](#) (IBEW Union Hall, Moline)
Dec. 6: [Winterfest](#) (Family Museum, 2900 Learning Campus Drive, Bettendorf)
Dec. 12: [Santa Fun Run & Social](#) (1318 4th Avenue, Moline)
Dec. 12: [QC Holiday Expo](#) (Rock Island Center for Math and Science, 2101 16th Ave, Rock Island)
Jan. 8-10: [Bald Eagle Days Environmental Fair and Wild Life Art Show](#) (QCCA, Rock Island)
Jan. 18-20: [24th Quad Cities Farm Show](#) (QCCA, Rock Island)
Jan. 23-25: [Rod and Custom Show](#) (QCCA, Rock Island)
Feb. 1: [35th Annual Motorcycle Parts Swapmeet for the Harley Enthusiast](#) (QCCA, Rock Island)
Feb. 6-8: [Quad Cities Home Builders Home Show](#) (QCCA, Rock Island)
Feb. 18-21: [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA, Rock Island)
Feb. 26-28: [QCCA RV/Camping Show](#) (QCCA, Rock Island)
March 6-8: [Quad Cities Antique Spectacular](#) (QCCA, Rock Island)
April 1-3: [QCCA Lawn and Garden Show](#) (QCCA, Rock Island)
April 11: [18th Annual In-Fisherman Swap Meet](#) (QCCA, Rock Island)
May 10-11: [Scott County Kennel Club AKC Dog Show](#) (QCCA, Rock Island)



Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

The Army publication, Island Insight, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)

